



5 A DAY

To get my five portions of different fruits and vegetables a day I have eaten:



| | | | | | |
|-------|--|--|--|--|--|
| Day 1 | | | | | |
| Day 2 | | | | | |
| Day 3 | | | | | |
| Day 4 | | | | | |
| Day 5 | | | | | |

Use the spaces to list or draw the five or more fruits and vegetables you ate.